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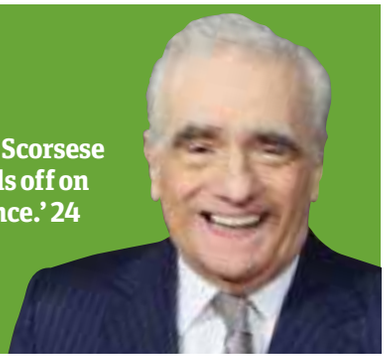

Martin Scorsese sounds off on 'Silence.' 24

CRUNCH TIME

Metro unveils its brand new sports gossip column. 29

Your next pep talk should come from Batman. 25

'I THOUGHT IT ONLY HAPPENED TO CELEBRITIES'

Teen victim warns that anyone can be targeted by a stalker. 4

ISTOCK

TRUMP TO MAKE SON-IN-LAW A SENIOR ADVISER

1 Donald Trump will name his 35-year-old son-in-law, Jared Kushner, as a senior adviser in his White House, a transition official said Monday, a potentially thorny choice in the face of anti-nepotism law. The new position for Kushner had been anticipated, but it was unclear what his role would be. Unlike Cabinet positions, the post would not require Senate confirmation.

Like Trump, Kushner is a New York-based real estate developer with a wide net of business dealings that could raise potential conflicts of interest. Kushner, who married Trump's eldest daughter, Ivanka, in 2009, helped guide Republican Trump to victory over Democrat Hillary Clinton in the presidential election. REUTERS

US NAVY FIRED WARNING SHOTS AT IRANIAN VESSEL

2 A Navy destroyer fired three warning shots at four Iranian fast-attack vessels after they closed in at a high rate of speed near the Strait of Hormuz, two U.S. defense officials told Reuters on Monday. The incident comes as Donald Trump prepares to take office Jan. 20. In September, Trump vowed that any Iranian vessels that harass the Navy in the Gulf would be "shot out of the water." The officials, speaking on the condition of anonymity, said the USS Mahan established radio communication with the Islamic Revolutionary Guard Corps boats, but they did not respond to requests to slow down and continued asking the Mahan questions. The Navy destroyer fired warning flares and a U.S. Navy helicopter also dropped a smoke float before the warning shots were fired. REUTERS

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GETTY IMAGES

TUBE STRIKE

5 People wait for buses at Bishopsgate in the City of London, as Underground workers in the capital continued a 24-hour strike that crippled tube services and caused travel chaos for millions of passengers Monday.

5 THINGS YOU NEED TO KNOW

SC SHOOTER REFUSES TO DEFEND HIMSELF

3 White supremacist Dylann Roof on Monday stood by his pledge not to testify or call any witnesses who might persuade jurors not to sentence him to death for killing nine black parishioners at a church in Charleston, South Carolina, in June 2015. That leaves jurors deciding his fate to consider only the evidence offered by U.S. prosecutors, including four days of poignant testimony

from more than 20 family and friends of the victims, who recounted the lives of their loved ones, ages 26 to 87, and the impact of their deaths. Roof is representing himself. U.S. District Judge Richard Gergel denied Roof's request that the judge decide his sentence rather than the jury. REUTERS

CUBA AND UNITED STATES SIGN OIL-SPILL DEAL

4 Cuba and the United States agreed to prevent, contain and clean up oil and other toxic spills in the Gulf of Mexico, as they rush to conclude deals before President-elect Donald Trump takes office. U.S. Charge d'Affaires Jeffrey DeLaurentis, upon signing the agreement, said it was one of a series of deals to protect the shared marine environment of the neighboring countries separated by just 90 miles of water. Trump has threatened to scrap a still-fragile detente between the two countries unless Cuba makes further political and economic concessions. U.S. companies and the outgoing administration of President Barack Obama have announced a flurry of small deals in recent weeks aimed at making it harder for Trump to ditch the detente established by Obama and the Cuban President Raul Castro in 2014. REUTERS

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212-95-SMILE (76453)

New York City commission works to combat crime of stalking

January is National Stalking Awareness Month.

KIMBERLY AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

A stalker might follow his or her target, use spyware to hear and see via the victim's webcam or cyberstalk his or her obsession. LATTEFARSAN/FLICKR

Noor Sandhu was a 14-year-old tennis player, a private person and probably the only teenager without some form of social media. Yet she was the victim of a stalker.

"A lot of people only think of stalking as only a celebrity being stalked. I think that's the biggest misconception," Sandhu said. "Stalking affects common people — millions of people. Before I was stalked, I thought it only happened to celebrities."

National Stalking Awareness Month began in January 2004, and organizations like the Stalking Resource Center and Mayor Bill de Blasio's program, Coordinated Approach to Prevent Stalking (CAPS), are working to raise awareness, lower stalking-related homicides and increase public knowledge about stalking.

CAPS began on Staten Island in 2014. The idea was to start small before expanding the program citywide, said Cecile Noel, commissioner of the Mayor's Office to Combat Domestic Violence. The program recently wrapped up training in Queens, and the NYPD will help select the next borough to participate, Noel said.

Prior to the program, virtually no stalking crimes were being reported in the city's small borough, the commissioner said. After police and prosecutors looked at Staten Island cases involving female homicide victims, a pattern emerged and the incidence of stalking arrests jumped 233 percent over the previous year.

Noel said the idea is to train police and prosecutors on what to look for, how to work with legislation and how to "turn behaviors into language that police could understand and the district attorneys could understand."

"CAPS is a training program," Noel added. "We're training all the providers to put on the same set of glasses … and really key into what victims are telling us. They know the behavior; they don't necessarily equate that to something that is called stalking."

For Sandhu, her stalker's behavior ranged from following her, approaching her in a restaurant where she was eating with her grandfather and posting escalating threats on social media.

The former pro-circuit tennis player didn't have her own social media accounts, and still doesn't. Her mom, a single parent and a doctor, said she didn't think she was around enough to monitor her young teen's internet habits.

Yet, Sandhu's stalker was able to watch and hear the target of his obsession by infecting her home computer with remote viruses.

"I was in shock and I couldn't believe this was happening to me, and I was terrified and horrified and scared for my life basically every second of every day," she said.

Sandhu said she didn't know her stalker, but according to CAPS, stalking is often connected to domestic violence and three out of four women and men who are stalked know the perpetrator in some way.

Sandhu is 17 now. She stopped competing in the United States Tennis Association. She never leaves the house alone and her family, who is by nature very private, has ensured security measures are in place to keep Sandhu safe. She is still dealing with her stalker in the North Carolina court system, but she is speaking out and championing an effort to make stalking a minor a felony on the first offense.

Stalking is a crime in all 50 states, the District of Columbia and most U.S. territories, but in New York and most of the nation, stalking is a misdemeanor, unless other charges are levied, such as the threat of harm with a weapon.

"Stalking is a good predictor of lethality," Noel said, "so we look at this behavior and see how we can prevent that."

The attention the victim of a stalker gets is not flattering. Sandhu said she did not take it as a compliment and the fear of being followed or watched invades her thoughts every day.

"I didn't really know about stalking as a crime before it actually happened to me, but I didn't really see anyone publicly fighting for justice," Sandhu said.

"My long-term goal is to make stalking against minors a felony on the first attempt, but I think what other people can do is to first become educated about this issue. I think the first step to fix any problem is to raise awareness."

For more information, please visit stalkingawarenessmonth.org.

Know the facts

- A recent report from the CDC found that **7.5 million** Americans were stalked in the United States during one year.
- Across all genders and sexual orientations in New York City, the Stalking Resource Center estimates **260,787** people are stalked during a 12-month period.
- People ages **18 to 24** are the most commonly stalked and **13** percent of women report having been stalked in college.
- Eleven percent of stalking victims were stalked for five years or more.
- Of female homicide victims that were killed by a current or previous intimate partner, **76 percent** of the women had been stalked.
- Nearly **10 percent** of victims were stalked by strangers. Most victims know their stalker.
- In New York City, stalking typically falls under harassment, which is a misdemeanor. A felony charge won't be applied unless the suspect was convicted of a previous stalking charge, weapons are present or the stalker's target is under the age of 14.
- Stalking is underreported. Only **37 percent** of male stalking victims and **41 percent** of female stalking victims report it to the police.

Information provided by Stalking Resource Center

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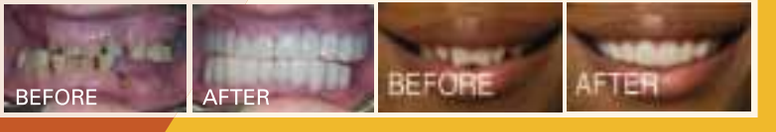

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‘Close Rikers’ activists close in on de Blasio re-election fundraiser

#CLOSErikers campaign argues that the jail is the bane of New York City.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

As Mayor Bill de Blasio welcomed guests for a private re-election fundraiser in Park Slope on Monday night, a group of uninvited visitors gathered outside to give them an earful about the problems at the Rikers Island jail.

“We usually have 300 to 1,000 people at our marches. This is a smaller more intimate group of our 50 to 60 most passionate supporters who can engage the most important influencers to get the mayor to listen to the issues,” said Glen E. Martin, head of an organization demanding that the jail complex be shut down.

“The majority of the people don’t belong at Rikers,” he told Metro.

Eighty percent of people at Rikers are being detained awaiting trial because they were unable to make bail at arraignment, he noted, citing figures from a 2014 report made by New York State Chief Judge Jonathan Lippman. And 90 percent of those detained at Rikers are black and Latino — despite making up only 56 percent of the city’s population. Another 40 percent have diagnosed mental conditions.

The mayor and Gov. Andrew Cuomo have taken measures to reduce the suffering at Rikers and reform dysfunction in the criminal justice system. Martin acknowledged that the mayor’s move to take 16 and 17 year olds off the island, and the decision not to build a new jail on the island, were steps in the right direction. But the activists maintain that he is “not living up to the rhetoric of being a progressive leader.”

The #CLOSErikers campaign advocates sending detainees to local, safer borough jails instead of housing them in the decaying facility where each inmate costs up to $208,000 in taxpayer money to house each year. (On an average day there are about 8,000 people detained at Rikers).

“[De Blasio] has said publicly it’s too expensive, too difficult, and that the advocates don’t realize how complicated it is to close Rikers,” said Martin, who served a year in the jail. He pointed out that Council Speaker Melissa Mark-Viverito and Comptroller Scott Stringer are among lawmakers who have expressed support for closing the jail.

Glen E. Martin speaking at a #CLOSErikers rally at City Hall in April, 2016. CLOSERIKERS.ORG

The mayor, who has invested $500 million in criminal justice reforms, is not disputing the advocates’ reasoning and he’s still considering the viability of closing Rikers, said Natalie Grybauskas, a de Blasio spokesperson.

“Creating a culture of safety in our jails is our top priority,” she said. “While the city continues to examine whether Rikers Island’s closure is feasible and to work with Lippman’s Commission, our focus today remains on reform of the correctional system that will make our jails safer now.”

The protesters were emboldened by Cuomo’s pronouncements about criminal justice reform made earlier on Monday at his first State of the State address.

In his speech the governor said he will “honor the promise of a speedy trial because Rikers Island is an insult to Lady Justice.”

Also included in Cuomo’s criminal justice reform package: reforms to the bail system in which judges will set bail based on both risk to the public and financial ability, and raising the age of criminal responsibility from 16 to 18.

An expanded version can be seen at metro.us

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BRIEF

Flooded subway track blamed for long rush-hour delays

A malfunctioning water drain at the West Fourth Street-Washington Square station caused a cascade of delays on multiple subway lines Monday, inconveniencing tens of thousands of riders.

The trouble began with a clogged drain that caused water to flood onto the tracks at West Fourth Street, forcing power to be shut down at the station at around 7 a.m.

Consequently, service on the A, B, C, D, E, F, M and R lines were severely disrupted, causing long delays and service changes to those and other lines. Officials said regular service resumed by 10 a.m. but residual delays were reported.

Infuriated straphangers were able to vent their frustration on social media using the cellular and Wi-Fi service now available at every subway station as of Monday.

"Going on the F train to 23rd Street there was an hour-and-a-half delay. It just kept stopping," said Kelly Jairam, 15, who was supposed to have been in class at the High School of Fashion Industries at 9 a.m. Instead she spent the time talking to her friends on Snapchat, thanks to the MTA's expanded Wi-Fi.

"Really glad we have three new stations and wifi for 4.5 billion dollars, but the @MTA still can't figure out melting snow," tweeted Natasha Simons.

Although the frigid conditions are believed to be a factor in the morning's drainage issues, the MTA could only confirm a weather-related interference on the 7 line — a snow build-up under the arm of the signal, an agency spokesperson told Metro.

AMANDA MIKELBERG

FDNY breaks records with fewest fire deaths in 100 years, improved response time

The FDNY announced a "record-breaking, historic achievement" on Monday. The department improved its response time to fires and other life-threatening emergencies and fewer people died in fires last year than in a century.

Mayor Bill de Blasio and Fire Commissioner Daniel A. Nigro announced that 48 people died in fires in 2016, which is the lowest number than in any recorded year since 1916. There was also a decline in serious fires – 9 percent – the largest annual decrease since 2008.

The FDNY responded to fires five seconds faster in 2016 and improved response time to medical calls by shaving off 21 seconds.

"We pushed ourselves to save even more lives in 2016 — embarking on a life-saving citywide smoke alarm program that has reached tens of thousands of homes — and we've seen the outstanding results with a historic 100-year low for fire fatalities in our city," Nigro said.

KIMBERLY M. AQUILINA

FDNY has "ushered in a new era for fire safety for all New Yorkers," de Blasio said. WIKIPEDIA COMMONS

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Clinton for NYC mayor? Probably not, but rumors persist

"I don't expect her to ever run for any elective office again," a Clinton confidante said on CNN.

In the weeks since Hillary Clinton's shocking election defeat to Donald Trump, a rumor has taken hold among New York City's political chattering class: Could she challenge Mayor Bill de Blasio's reelection bid this year?

Discussion of a possible Clinton campaign intensified last week when conservative news website Newsmax reported that Democrats unhappy with de Blasio were pressing her to run. Stories soon appeared in various outlets, including the New York Times and the New York Daily News.

Still, the chances seem remote. Although the mayor of the largest U.S. city is often seen as a national figure, it could be seen as a step down for Clinton, 69, a former secretary of state who came tantalizingly close to winning the White House two months ago.

"I'm a Brooklyn kid, and my comment is, fuhgeddaboudit," said Douglas Muzzio, a political scientist at Baruch College and an expert in city politics. "There is zero chance that's going to happen."

Former Secretary of State Hillary Clinton. GETTY IMAGES

Clinton has yet to say what she plans to do next, and representatives of Clinton's presidential campaign did not immediately respond to a request for comment on Sunday.

A Clinton confidante, Neera Tanden, said on CNN on Sunday that Clinton was focused on helping children and families in her next role.

"I don't expect her to ever run for any elective office again," Tanden said when asked if Clinton would run for mayor.

De Blasio, a fellow Democrat who won his first term in 2013, has had some rocky moments, including state and federal corruption investigations that have reportedly examined his fundraising tactics.

A high-profile figure in the party's liberal wing, de Blasio supported Clinton in the presidential primary after some public waffling. A spokesman for his re-election campaign declined to comment on a potential Clinton candidacy.

In the presidential election, Clinton won more than 80 percent of the votes in heavily Democratic New York City, despite Trump's status as a native son born in Queens.

Clinton first moved to New York State in 1999 in order to run for the Senate, winning election the following year. She lives with her husband, former president Bill Clinton, in Chappaqua, about 30 miles north of the city.

Under state law, Clinton could run for mayor as long as she becomes a city resident by the election, according to the Times. REUTERS

BRIEF

Three young men, in photos above, are suspected of robbing and attacking several people in Coney Island since late November, the NYPD said Monday. NYPD

NYPD: Elderly victims targeted in string of Coney Island robberies

Police are looking for three young men who investigators say attacked and robbed several people over the past month in Coney Island, including an 82-year-old woman and a 78-year-old man.

The NYPD has released photographs of the suspects on Monday.

All of the Brooklyn robberies happened within a few blocks of each other.

Two of the five attacks took place on Dec. 29, police said. At about 11:30 a.m., an 82-year-old woman was allegedly approached from behind, then pushed to the ground at Mermaid Avenue and West 35th Street. The assailants grabbed her pocketbook, which had $350 in cash, and ran off.

Less than an hour later, a 62-year-old woman told police that three men kicked her in the back outside her apartment building on West 33rd Street. She fell to the ground and hit her head, police said. The three ran off without taking any money.

Two days before that, a 78-year-old man was in the hallway of an apartment building on West 30th Street at about 3:30 p.m., when three men approached and tried to hit him, police said. The group stole $160 cash, a bank card and other items before running off.

The other two incidents happened on Dec. 19 outside an apartment at West 33rd Street, where a 68-year-old man was punched in the face and robbed of $120; and on Nov. 30, when a 61-year-old woman was robbed of her purse.

Anyone with information about any of the recent attacks should call the NYPD Crime Stoppers Hotline at 800-577-8477, or for Spanish 888-577-4782. Tips can also be submitted at the Crime Stoppers website at nypdcrimestoppers.com or by texting to 274637, then entering TIP57. All calls are confidential.

ALEXI FRIEDMAN

Cuomo outlines agenda in State of the State speech

One World Trade Center was the location for the first of six planned addresses throughout the week.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Gov. Andrew Cuomo's vision for New York is big — so big that it requires six State of the State speeches.

The governor delivered the first of six speeches Monday at One World Trade Center and touted an ambitious agenda, while proclaiming New York a bastion of progressive governance and defender of human rights.

In giving six State of State talks, Cuomo is breaking with long-held tradition of giving the annual address to the state legislature in Albany.

"Let the great state of New York serve as a safe harbor for the progressive principles and social justice that made America," he said during the hourlong speech. "We will hold the torch high to light the way. That is New York's promise."

To stimulate the growth of a life-sciences research center in New York, Cuomo announced a series of public-private partnerships. One includes a $17 million project called JLABS @NYC, a collaboration between Johnson & Johnson and the New York Genome Center.

Cuomo's other key initiatives for New York City include expanding access to affordable health care with a $50 million investment in the Bronx's Montefiore Health System, reforming the criminal-justice system with such measures as raising the age of criminal responsibility to 18 from 16 and establishing Brooklyn as a center of community health and wellness with several pilot programs.

In the realm of education and youth, the governor said he has budgeted $35 million to create 22,000 slots in after-school programs for children in the poorest neighborhoods, while increasing enrollment in high-quality after-school programs 36 percent.

But much of the speech was devoted to ticking off a list of accomplishments and wishes for the state and the city.

Among the most recent and dramatic is the announcement that the Indian Point nuclear power plant will be closing in four years — 14 years ahead of schedule.

Cuomo also cited his recently announced Excelsior Scholarship, which would provide free tuition at SUNY, CUNY and community colleges. If approved by the legislature, it would benefit the 80 percent of New York households that make no more than $125,000 a year.

He heralded the recent opening of the Second Avenue Subway line on Manhattan's East Side and reaffirmed his commitment to improving infrastructure, maintaining Staten Island resident-pricing at the Verrazano Bridge, as well as the planned multibillion-dollar renovations at JFK and La Guardia airports.

"We will hold the torch high to light the way. That is New York's promise."

Gov. Andrew Cuomo

Gov. Cuomo delivers State of the State speech at One World Trade Center on Monday. OFFICE OF GOV. ANDREW CUOMO

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Fla. police officer killed, deputy dies in manhunt

Orlando Mayor Buddy Dyer declared a day of mourning after the officers' deaths.

Loyd ORLANDO POLICE DEPT.

Clayton ORLANDO POLICE DEPT.

A man wanted for killing his former girlfriend fatally shot an Orlando, Florida, police officer Monday, authorities said, prompting a manhunt and a reward of up to $60,000.

Helicopters buzzed the skies while scores of police shut streets and went door to door in their search for the suspect, identified as Markeith Loyd, 41. He is considered armed and dangerous.

An Orange County sheriff's deputy in the manhunt for Loyd was killed in a collision between his motorcycle and a van, the office said. The driver of the van was a 78-year-old man, according to local TV station News 6.

"We are bringing this dirt bag to justice."
Orlando Police Chief John Mina

"We are bringing this dirt bag to justice," Orlando Police Chief John Mina said of Loyd at a news conference. Mina said federal agents have joined the search and that he was confident Loyd will be caught.

"We will track him down to the ends of the Earth," he told a later news conference.

Authorities said the slain officer, Master Sgt. Debra Clayton, was shot while responding to a sighting of the suspect at a local Walmart. Loyd fired at her and Clayton returned fire, Mina said, adding that he did not believe Loyd was hit.

Loyd fled the shooting scene outside the store in a car and fired at a deputy who tried to the stop him, authorities said. The deputy was unharmed.

Authorities have been trying to capture Loyd in connection with the December murder of a pregnant woman, the Orange County Sheriff's office said.

According to online jail records, Loyd also had been booked in October in Orange County on charges including burglary, attempted carjacking and violation of a pretrial release.

Clayton, a 17-year veteran of the Orlando Police Department, died at a hospital, the department said. Several photos posted on social media showed Clayton at community events, working to improve relations between police and residents. REUTERS

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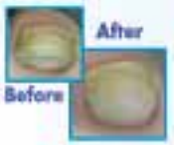
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BRIEF

Jewish centers report bomb threats in several U.S. states

Jewish community centers in several U.S. states were evacuated Monday after they reported receiving bomb threats, according to the organizations and national umbrella organization, though no explosives were found and no injuries reported.

Fifteen JCCs across the United States reported the calls and all resumed normal operations by 4:30 p.m. EST, after police determined there was no threat, the JCC Association of North America said in a statement.

Kaplen JCC in the New York City suburb of Tenafly, New Jersey, said on its Facebook page it received a bomb threat in the afternoon and had reopened as of 2 p.m.

"The police have completed a thorough sweep of the JCC and have deemed the threat not credible and the building safe," the center said.

Bender JCC of Greater Washington in Rockville, Maryland, said it had also reopened after receiving a threat and being swept checked by local authorities.

Other centers that received threats included ones in Miami Beach, Florida, as well as the state capitals of Jacksonville, Florida; Columbia, South Carolina; and Nashville, Tennessee, according to local media reports.

Jewish community centers typically offer after-school activities, fitness programs and an array of other services.

REUTERS

Amid hacking row, pressure builds on Trump to soften pro-Russia rhetoric

Intelligence agencies say that since the election, Russian spies have turned to hacking other individuals and organizations, including prominent think tanks, in what analysts believe is an effort to gain insights into future U.S. policies.

President-elect Donald Trump is finding himself caught between his desire to improve relations with Russia and fellow Republicans who are pushing for a harsher response to what American spy agencies say was the Kremlin's meddling in the U.S. presidential election.

The tacit acknowledgement Sunday by his incoming chief of staff, Reince Priebus, that Russia was behind the hacking of Democratic Party organizations suggests that Trump's maneuvering room could be shrinking.

Trump has long been dismissive of the U.S. intelligence conclusion that Russia was behind the election hacks, which Russia has denied, or was trying to help him win the November ballot, saying the intrusions could have been carried out by China or a 400-pound hacker sitting on his bed.

But following a report from U.S. intelligence agencies last week blaming Russian President Vladimir Putin, Russia experts say Trump will face growing calls for a stiff military, diplomatic, economic and perhaps covert response after his Jan. 20 inauguration.

"The new U.S. administration will need to adopt a significantly tougher line," said Nile Gardiner of the Heritage Foundation, a conservative think tank in Washington that is an influential voice in Trump's transition team.

President-Elect Donald J. Trump GETTY IMAGES

Republicans in Congress wary of Trump's push for detente with Putin could pressure the new president to withhold the thing the Russian leader wants most: a rapid easing of the economic sanctions imposed after Russia's 2014 annexation of Ukraine's Crimea and its support for separatists in eastern Ukraine, the Russia experts said.

Washington's Brookings Institution, which is headed by prominent Russia expert Strobe Talbott, "received a big wave of attacks the day after the election," but there is no reason to believe its systems have been compromised, said David Nassar, the think tank's vice president for communications.

Republican Sen. Lindsey Graham said he and fellow Republican John McCain, the chairman of the Senate Armed Services Committee, would introduce legislation with stronger sanctions than the ones now in place.

"We're going to introduce sanctions that ... will hit them in the financial sector and the energy sector, where they're the weakest," Graham told NBC 's Meet the Press.

Retired Marine Gen. James Mattis, the nominee for secretary of defense who will face a Senate confirmation hearing Thursday, is expected to advocate a stronger line against Moscow than the one Trump outlined during his election campaign. That could put him at odds with Trump's national security adviser, retired Army Lt. Gen. Michael Flynn, who has had warmer relations with Putin's government, and with Rex Tillerson, the nominee for secretary of state, who as CEO of ExxonMobil had extensive business ties with Russia. REUTERS

BRIEF

Ryan to meet with Trump team on U.S. House tax reform plan

House of Representatives Speaker Paul Ryan will meet on Monday with top members of President-elect Donald Trump's transition team to discuss their 2017 tax reform agenda, a senior Republican aide said.

Ryan and his policy staff are expected to walk the Trump team members through the "Better Way" tax-reform blueprint the speaker and other House Republican leaders unveiled last June, the aide said.

The Trump transition team had no immediate comment on the meeting on Capitol Hill. The Washington Post reported earlier Monday that the discussion would include incoming White House officials including Trump son-in-law Jared Kushner, incoming chief of staff Reince Priebus, incoming chief strategist Stephen Bannon, National Economic Council director Gary Cohn and adviser Stephen Moore.

Trump and Ryan agree that tax reform should reduce tax rates for individuals and businesses, do away with longstanding tax loopholes and broaden the tax base in order to drive U.S. economic growth. REUTERS

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Airport shooting suspect appears in federal court

The 26-year-old Iraq war veteran accused of killing five people at a busy Florida airport in the latest U.S. gun rampage appeared in a federal court on Monday on charges that could bring him the death penalty.

Esteban Santiago, who had a history of erratic behavior, was escorted into the courtroom near Fort Lauderdale for the brief hearing surrounded by U.S. marshals and wearing a red jail jumpsuit and shackles.

He has admitted to investigators that he planned Friday's attack at Fort Lauderdale-Hollywood International Airport and bought a one-way ticket from his home in Alaska to carry it out, according to a criminal complaint.

Authorities say they have not ruled out terrorism as a motive and that they are investigating whether mental illness played a role. In November, Santiago went to a Federal Bureau of Investigation office in Anchorage and told agents he believed U.S. spies were controlling his mind.

Santiago BROWARD SHERIFF'S OFFICE

Santiago spoke little during the hearing, confirming to U.S. Magistrate Judge Alicia Valle that he understood the charges, and that he is a U.S. citizen. He said he did not have his own lawyer, and he was assigned a federal public defender.

Asked about his employment, Santiago said that for the last couple of years he had worked in Anchorage for a company called Signal 88 Security, earning about $2,000 per month. He told the court he had only $5 to $10 in his bank account.

Prosecutors called for Santiago, who is being held at the Broward County Jail in Fort Lauderdale, to be denied bail, and Valle scheduled a Jan. 17 hearing to discuss the request. Legal experts have said it is very unlikely he would be released.

"They've then got two weeks to indict him, and then they've got to go through the whole death penalty review," said former federal prosecutor David Weinstein, a partner with Miami law firm Clarke Silverglate.

REUTERS

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khanacademy.org

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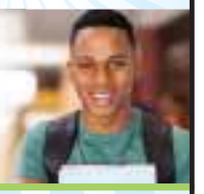

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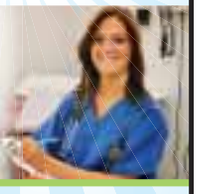

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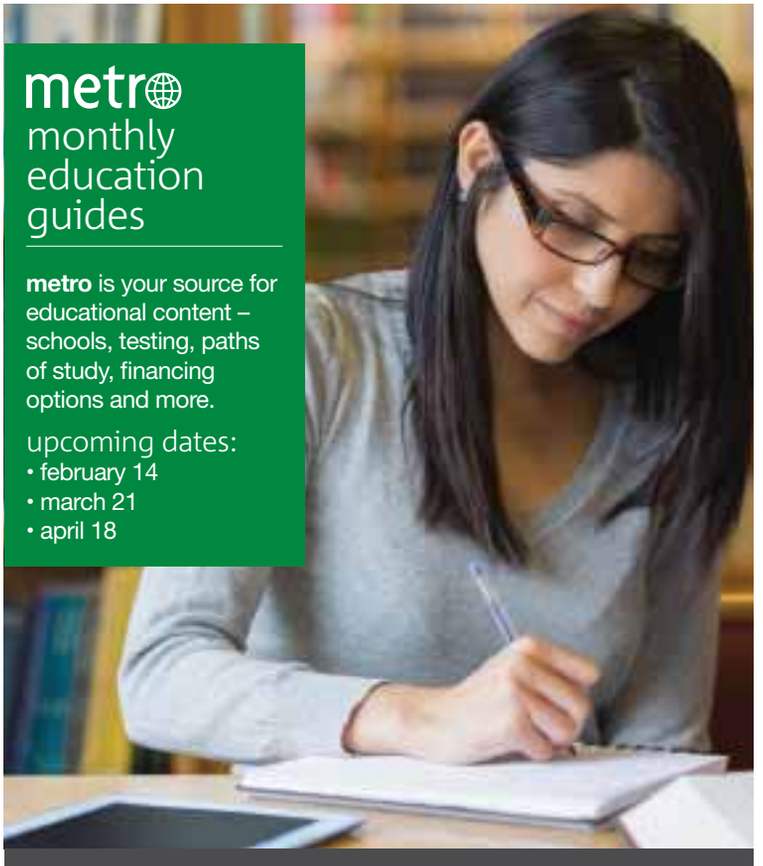

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Channing Tatum posts nude photo of wifey

INSTAGRAM/@ CHANNINGTATUM

Clothes are optional in this house. Channing Tatum is clearly a big fan of his wife, Jenna Dewan-Tatum, although his latest photo may prove to be a bit overzealous on his part.

The "Magic Mike" star took to the 'gram Sunday night to post a pic of his wife taking a nap before the two hit the Golden Globes party circuit reports E! News. The weird part, however, was that the photo featured Jenna totally in the nude!

Channing wrote in the caption: "Nap time = The Best Time."

We guess this is OK with Jenna, who's done her own bit of oversharing lately. In the January issue of Cosmopolitan the "Supergirl" star opened up about the couple's sex life: "I've always been a very sexual person," she tells the magazine. "We definitely have a very happy and healthy [sex life]. Something about being a dancer connects you to your physical body. It's primal, earthy, sexual energy by nature. Channing is very much the same way."

Um, thanks for that.

Did Nicki Minaj dump Meek Mill because of b-day drama?

What made Nicki Minaj and Meek Mill say *sayonara* to each other? Well, according to TMZ, the demise of their relationship happened during Nicki's birthday weekend while the couple was vacationing in Turks and Caicos. Reports suggest Nicki was upset that Meek was mostly hanging with his friends. When Nicki confronted the rapper about this, he got mad and bounced which made Nicki realize this life wasn't for her.

Initial rumor was Nicki ended things because Meek was cheating on her with a woman named Sonye Rasool. Sonye has since said she dated Meek, but that happened years before he started calling Nicki his boo. Nicki deserves better than a man-child who ditches her on her special day.

the word

ZACHARY HOMER

Billy Eichner takes on Meghan McCain

Billy Eichner, like the rest of the world, was smitten with Meryl Streep's Golden Globes speech that took a stand against Donald Trump. However, Sen. John McCain's daughter Meghan McCain and expressed her displeasure on Twitter: "This Meryl Streep speech is why Trump won. And if people in Hollywood don't start recognizing why and how — you will help him get re-elected."

The "Difficult People" star wasn't having it, firing back: "Um she asked him not to make fun of disabled people and advocated for the freedom of the press and the arts you f—ing moron."

Instead of clarifying which of those points she took offense to, McCain turned the tables on Eichner, tweeting "calling republicans like me 'f—ing morons' is a great way for Hollywood to bridge the cultural divide. Enjoy your bubble."

But Billy had the last word, tweeting "I'd rather live in a bubble than live with people who don't feel a need to respect the disabled, freedom of speech & the arts!!"

We'd say Billy won that one. How about you?

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

The Golden Globes go #TeamBrad

Brad Pitt and Angelina Jolie, once the toast of Hollywood, have gone their separate ways, and their parting has been a bit bumpy, to say the least.

For one night, however, Brad Pitt was able to forget all of the heartache. The Hollywood hunk was a surprise guest at the Golden Globes on Sunday night and his appearance prompted a very nice reaction from his peers.

The actor was there to present a montage from "Moonlight," which he produced, and the crowd responded with a deafening ovation. Brad has, of course, been dealing with some serious baby-mama drama as the divorce proceedings between himself and Angelina got underway. The two are also battling over custody of their six children.

This definitely felt like it was Hollywood's way of declaring they're Team Brad.

Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

Knee Arthritis Pain Breakthrough?

Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

"The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar
America's Heath Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like *you.*

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

One path is non-surgical. You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

But - and this is a very big but... even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

In other words, your joints basically "dry up."

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

There are two very important reasons why:

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.

So, there are some people that will not get results with this treatment.

Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"** or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

Can you see why this treatment has not worked for so many? And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures ***- it could work for you?***

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

But one of the biggest successes is when patients who were told they needed joint replacement surgery cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

But that's not all - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening.. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

Then their life changed so fast - it was incredible

Give us a call right now at 855-456-PAIN and schedule your free screening.

The worst thing that can happened is you find out this treatment is not for you.

But what if we really can help you?

What if we really can get rid of some of all your pain?

What would that be worth you?

If it is worth a couple hours of your time - give us a call.

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Why Is This Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

Here's what that means and why it is so important to you.

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or eliminating pain.

Precision Arthritis Targeted Technology Or PATT means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief Md offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

Martin Scorsese doesn't watch new movies

The legendary filmmaker talks about "Silence" and feeling gloomy about the world.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Martin Scorsese isn't someone you imagine wracked with doubt. His films — in particular, "Goodfellas," "Casino" and "The Wolf of Wall Street" — are confident bursts of electricity, every little piece perfectly in place.

But it took around two decades for him to realize how to make a film of "Silence," Shusaku Endo's beloved 1966 novel, about Jesuit priests from Portugal who journey to 17th century Japan, where authorities have deemed Christianity punishable by death. Scorsese first read Endo's novel in the late '80s, while shooting a sequence in "Akira Kurosawa's Dreams."

"I wanted to make it, but I didn't know how," Scorsese says. "It's taken about 20 years to reach this form. I didn't know how to translate it into images. It took many years to reread the book, make notes all the way through — and, ultimately, make a lot of other pictures."

The result is a complete shift from 2013's keyed-up "The Wolf of Wall Street." "Silence" — starring Andrew Garfield and Adam Driver as his main priests and Liam Neeson as another, rumored to have "apostatized," or denounced his Lord — is the most serene film Scorsese has ever made. Even when Japanese converts are being crucified at sea or burned alive, the images are calm and restrained.

"That was one thing I realized over the years: This particular subject matter didn't necessarily need a very aggressive visualization, so to speak," the director says.

The slow pace — which easily fills its 161 minutes (19 whole minutes shorter than "Wolf") — also asks viewers to contemplate issues of faith.

"That has always been foremost in my mind, no matter what I've done," Scorsese explains. "Even going back to 'Mean Streets,' the opening line is, 'You don't make up for your sins in the church; you do it in the street and in the home. All the rest is nonsense.' Meaning that you don't separate religion when you go into the building, then you go outside and behave differently. The struggle is outside."

Liam Neeson plays another priest rumored to have denounced God while in Japan. ALL PHOTOS KERRY BROWN

Martin Scorsese directs Andrew Garfield, playing a Jesuit priest encountering oppression in 17th-century Japan, on the set of his new film, "Silence."

Looking to the future

Scorsese is among the last of the great titans of 1970s filmmaking who still commands sizable budgets. But even he's feeling gloomy about the times.

"I haven't seen that many modern movies over the last two or three years. I just stopped, because the images don't mean anything. We're just completely saturated with images that don't mean anything. Words certainly don't mean anything; they're twisted and turned," Scorsese says.

"So where's the meaning? Where's the truth?" he asks. Scorsese's answer: "Like Rodrigues [Garfield's character], we have to learn to let go of the self, to start anew. It goes back to that question I had in 'Mean Streets': How do you live a good life, that is filled with meaning and compassion and respect for others, in a world like today? Maybe that's why it took 25 years to be able to understand how to approach this script and this film. There is no meaning until you give it meaning."

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Jason O'Connell is "The Dork Knight." BEN STROTHMANN

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Taking life advice from Batman may seem like a terrible idea, but Jason O'Connell sees the Caped Crusader a bit differently.

"Batman is the greatest superhero because he's the most human," explains the 45-year-old actor. "He's totally flawed, he doesn't have any powers — and there's something really inspiring in that. He's just a child who went through dark times, and he chose to transform himself."

O'Connell has related to the superhero since high school, when he would practice doing impressions for a stand-up routine. Since then, the writer and Shakespearean actor's appreciation has grown into a heartfelt (and, yes, still funny) 90-minute show called "The Dork Knight," playing at the Abingdon Theatre.

The show traces how Batman played a role in O'Connell's life, from inspiring him to pursue acting to finding the courage to confront problems when the temptation was to hide. Over the course of the show, he slips into uncanny impressions of the various Batmen when they're needed, "taking me to task for things and teaching me little life lessons."

If there's a theme to the show, it's about being true to yourself, which "seems like a funny thing to have fictional characters tell me," he acknowledges. "There's a nobility to superheroes, and we love that about them, but how many of us are that honest with other people or ourselves?"

The NYC resident has been performing and tweaking the show on various stages around the city since 2011, but this version is definitive. "It really does feel like my story with Batman wraps up in an interesting way," he hints.

To get a taste of O'Connell's gift for impressions, check out the pep talk he gave as Michael Keaton in 2013 to then-incoming Batman Ben Affleck on Funny Or Die. While O'Connell may have "very mixed feelings" about "Batman vs. Superman," he maintains that "you gotta give him another movie or two to figure it out." Maybe Affleck, too, just has to find a way to channel his inner Batman.

The cast of "Puffs" will perform readings of the new plays. HUNTER CANNING

'Puffs' is adding more Potter fun

The "Harry Potter" universe just keeps growing, which means the "Puffs" story continues, too.

The off-Broadway show at the Elektra Theatre (300 W. 43rd St.), which tells the story of the Potter books from the perspective of the loyal, hardworking Puffs, has spawned two spinoffs. On special WizardNights from Jan. 13 to Feb. 5, the evening's performance of "Puffs" will be followed by a cast reading of one of two new productions by playwright Matt Cox: "Nineteen Years Later Or; There and Back Again: A Puffs Tale Parts 1 & 3," a reworking of "Harry Potter and the Cursed Child"; and "Dude, Where's My Fantastic Beast? Or: 30 Short Films About Magical New York in 1926 When a Puff Came for a Quick Visit and the Disaster That Followed Film 1 of 5," a series of short film scripts "about magical life in a simpler time."

If you'd rather dance the night away at the Yule Ball, other WizardNights will feature parties with music by wizard rockers Draco and the Malfoys, Tonks and Aurors, and Swish and Flick.

Performances are free with your ticket to "Puffs," available at puffstheplay.com. "Puffs, Or: Seven Increasingly Eventful Years at a Certain School of Magic & Magic" runs through March 26. EVA KIS

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Winter hair woes?

Mario Russo shares his best tips for combating your strands' seasonal struggles.

CARLY OLSON
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Known for making edgy styles wearable, hair expert Mario Russo has 30 years of cutting Bostonians' trendy tresses under his belt. Since our own ever-changing atmosphere currently has us fighting hat hair, static cling and winter dryness, we asked Russo for his sage advice for protecting against New England hair struggles.

Slow down on the shampoo

With the winter cold comes excessive dry, brittle hair. Russo explains that blasting heaters in your apartment or office in combination with outdoor conditions exacerbate common hair dryness. Over-shampooing only adds to the problem. Russo recommends shampooing twice a week to keep strands strong. "Typically every three to four days is more than enough," Russo says. He notes that a shampoo designed for dry hair — even if used just in the wintertime — can be worth a purchase. He recommends Kerastase Bain Magistral Shampoo ($41, kerastase-usa.com/bain) for an extra coat of moisture.

Mario Russo PROVIDED

Give hair extra protection to preserve shine

Protecting against dry hair can also happen outside the shower. While you may know the best conditioner route for your hair (and maybe that route is none), Russo recommends still adding the step of a leave-in protectant after every shampoo to seal in moisture. "Outside the shower, use a conditioning spray to protect the hair from dryness. Use it after you towel dry hair and proceed with styling," he says. The result? Sleek, shiny strands.

Use a moisturizing crème to kill flyaways and frizz

Wearing a hat or hood on your morning commute can leave your 'do looking tousled, and not in the cool girl-meets-bedhead way. Russo suggests a solution that doesn't involve ditching your trusty warm layers. Use an anti-frizz crème with a lotion-like texture to smooth tresses without getting sticky or heavy. "Lightly apply the product and fluff the hair back up," Russo says. "Even if you have a light moisturizing lotion in your purse [for skin], use the leftover lotion on your hands and run it through your hair."

Make exercise fun again

With winter in full swing, getting motivated to get out and exercise is harder than ever. We've rounded up six classes that promise to get you moving in ways you'll be excited to go back to again and again, and are as diverse as New York City itself.

Bollywood Funk

Channel your inner Bollywood superstar as lead instructor Ayesha Khanna leads you through choreographed routines to India's latest hit songs. Bollywood Funk fuses hip-hop and Indian classical dance to create numbers that are both memorable and athletic.
$99 for five classes, bollywoodfunknyc.com

Banana Skirt

Dance away the winter blues while channelling the Bronx's own Jennifer Lopez at Banana Skirt's popular high-impact aerobic dance class. Instructors lead students through choreography set to artists like JLo, Rihanna and Beyonce in a body-positive and fun environment.
$25/class, bananaskirt.net

Capoeira Guanabara

Created in the 1600s by enslaved Africans in Brazil, capoeira is a unique art form that combines martial arts, dance moves and acrobatics. Students typically burn 1,000 calories over the course of the two-hour class at Capoeira Guanabara, while also learning self-defense skills. The classes end on a relaxing note with a freestyle "roda," a capoeira circle accompanied by live music.
$120 for eight classes, capoeiraguanabaranewyork.com

Brukwine

Get ready to sweat as you move to the beat of Jamaican dance hall music and other Caribbean-inspired hits. Brukwine focuses on strengthening your waist, legs and core while also leading students through a highly aerobic workout that's "fun, energetic and sexy," says co-founder Autavia Bailey.
$20/class or $90 for five classes, brukwine.com

Bharatanatyam

Intricate steps and hand gestures are crucial elements of the Indian classic dance form Bharatanatyam. At the Navatman School, students will learn about body positioning and the names and stories behind the steps they do. (It's a much harder workout than it looks!)
$250-$360 for the semester (first trial class is free), navatman.org

Brukwine puts your hips to the beat of Jamaican dance hall music and other Caribbean music. PROVIDED

Bachata

Students new to bachata, a Dominican partner dance, can immerse themselves in the steps and rhythms of its unique accompanying musical style in Piel Canela New York Center for the Arts' six-week beginner class. Things really get going at the end of the class cycle, when everyone shows off their moves during a practice party at a local club.
$20/class or $200 for 10 classes, Pearl Studios: 500 Eighth Ave., 12th Floor; pielcaneladancers.com

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Make the most of those idle moments waiting for the train by trying out these stretches, exercises and mindfulness strategies. ISTOCK

How to work out during your commute

Can't make it to the gym? You can exercise while in transit.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

We all spend several idle minutes — sometimes hours — daily waiting for the train or the bus on the way to and from work. Reading, listening to music or a favorite podcast can help you stay occupied, but there's another way to optimize your time in transit. From stretching on the subway platform to meditating while you ride, here's how to stay active during these (inactive) moments.

En route to and from the train

Kacy Duke, a New York City celebrity fitness trainer, believes movement is a privilege.

Too busy to hit the gym? Get off one subway stop early and walk the extra distance, she suggests. Whenever you see stairs, make it a habit to take two at a time — you'll feel it in your glutes, hip flexors and hamstrings. Duke says she loves to race up the steep escalators at the Hudson Yards 7 train station.

While waiting on the platform

According to Jenn Menzer, a fitness and nutrition coach and founder of Jenn Menzer Wellness in Boston, there are plenty of stretches and strengthening exercises you can do before the train rolls up.

Try standing on one leg for 30 seconds at a time — then switching legs — for a balancing challenge that will also strengthen your core.

Menzer is also fond of the tree stand: bring one foot to the opposite inner shin for a standing balance and core challenge.

Quad stretches are easy to do while standing, as are glute squeezes: "clench and squeeze your glutes for 30 seconds at a time for a tight, toned tush," she says.

Be sure to practice good posture and engage your core, whether you're standing on the platform or sitting on a station bench, advises Duke. Pull your navel toward your spine and tighten your abdomen to keep from slouching.

While riding

Congrats, you're on your way. Jennifer Schelter, a Philadelphia-based yoga instructor and mindfulness coach, has tips for a peaceful ride.

"There's a philosophy in the act of commuting, if you look around at all the passengers together trying to get where they're going," she says.

If you manage to get a seat, pay attention to your posture and balance, advises Schelter. Sit with your feet square on the ground, hip distance apart, and avoid sitting cross legged, which can hurt your knees.

To meditate: Close your eyes and count (silently) to seven while you breathe in, then to 11 as you exhale. Repeat this sequence of slow, deep breaths, all the while focusing on the sensations of the body, until you feel a sense of calm.

If you're stressed out about the day of work ahead, try practicing positive visualization. Picture yourself at ease — physically, mentally or emotionally — completing the tasks ahead.

"Visualize the best-case scenario; then visualize the worse-case scenario. Resolve to commit to the best-case scenario" she explains. "The worst-case scenarios cause much imagined stress and havoc and rarely, if ever, happen."

When the train is nowhere in sight...

You're getting pretty restless, but aren't quite ready to give up and call an Uber. Blow off some steam with these more active moves. Don't worry, nobody's watching you, anyway — they're too busy staring at their phones or impatiently glancing down the tracks.

Instead of pacing back and forth, do lunges up and down the train platform: Step forward with one leg, lowering your hips until both knees are bent at a 90 degree angle, then repeat with the other leg, Menzer explains.

Make use of that subway bench, besides slouching and sulking on it, by doing dips, which work your triceps and pectoral muscles. Facing away from the bench, place your hands behind you, bending your elbows up and down to lift and lower your body.

All those bags you're carrying can be transformed into weights. Do bicep curls with your purse or briefcase, or lateral raises by lifting your luggage out to the side, forming a "T" shape.

If you have ample space on either side of you, try side leg raises: stand on one leg and raise the other to the side for a 15 count; then switch legs.

Do you experience anxiety at work?

Seven-tenths of your life will be spent working—here are solutions to bring stability and sanity to the workplace.

THE BUY AND READ
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by L. Ron Hubbard

PRICE: $20

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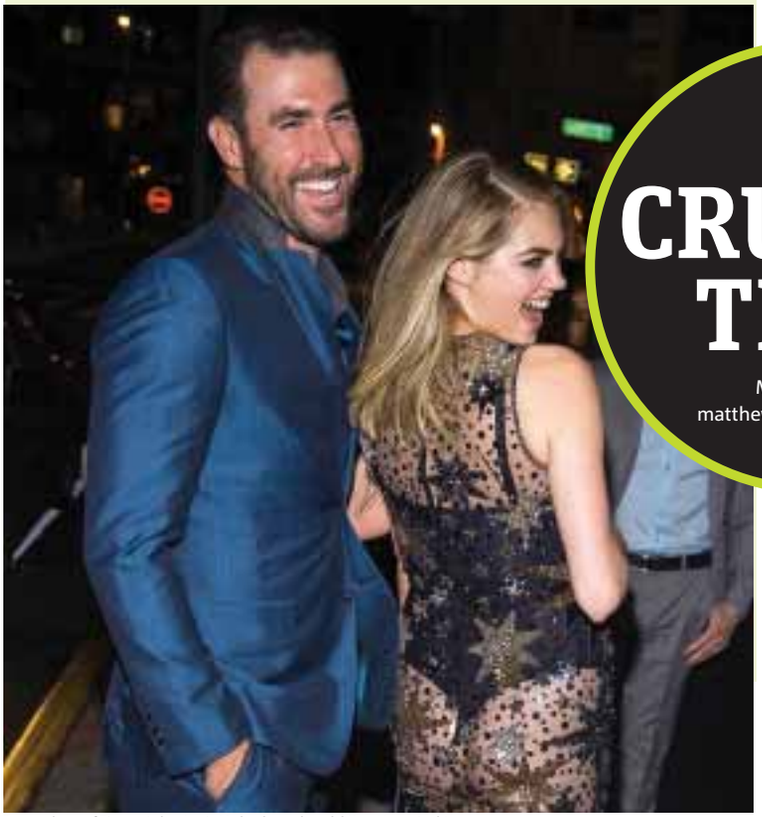
The launch of CRUNCH TIME

TV has supplanted film when it comes to must-see viewing, and the biggest TV stars in the world are athletes, if TV ratings are any indication. The football playoffs doubled the Golden Globes in the ratings Sunday night, the latest sign that sports is king in America.

With sports' popularity at a fever pitch, fans want to know every detail possible about their favorite athletes, and that's where we come in.

This is Crunch Time — Metro's space that gives you all the nonmainstream dirt on your favorite players. We'll feature wild trade rumors, sexy hookups and social-media beefs — basically everything you would NOT expect from a traditional sports section.



Expect plenty of Tigers pitcher Justin Verlander and model Kate Upton in this space. ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

CRUNCH TIME

MATT BURKE
matthew.burke@metro.us

Hole in his story

The Packers should charge Odell Beckham Jr. with malicious destruction of property after the Giants' diva receiver punched a hole in a wall outside the Lambeau Field groundskeepers' office. A member of the Green Bay grounds crew is said to have confronted Beckham about the incident but he was quickly told to have sex with himself.

"[The first grounds crew member] said, 'C'mon man,' and he was told to f— off," Packers grounds-crew member Mark Hollister said, via NJ.com. "No one saw [Odell] punching the wall, but basically he was standing right there."

Flashing lights

TWITTER/@ ADAMMARKO

Snapping a picture of Bill Belichick in a public setting is not a recommended practice, as the Patriots' head coach can and will go all Kanye on any breathing creature with a camera. A guy named Adam Markopoulos, though, was safe and took a pic of a sleeping Belichick on a Nantucket ferry this past weekend, with Belichick's girlfriend, Linda Holliday. sleeping in the coach's lap. When ESPN's assignment desk asked Markopoulos for permission to use the photo, the Pats fan shut down the Worldwide Leader, tweeting, "@ESPNAssignDesk No chance @ESPN, you started Deflategate. DO. NOT. USE. MY. PHOTO. #LoyaltytoBill #LoyaltytoTom #LoyaltytoKraft

PR Peyton

Image is everything for Peyton Manning, and not coincidentally — his PR team is brilliant. The narrative that No. 18 "went out on top" has been written, and the masses have eaten it up. But here's what we're quickly forgetting. Despite a Super Bowl ring last February, 2016 wasn't a great year for Peyton. A year ago he was being accused of taking HGH, and an old scandal in which he allegedly dragged his junk across a female trainer's face came to light again. On the playing field, things weren't much better, despite the Broncos' success. He averaged Tim Tebow numbers in the playoffs (179 yards passing per game) as Denver's defense led the way. In this current season, he allowed time to heal wounds. He popped up on a bunch of feel-good commercials, and those ugly stories from last year have faded away. This coming off-season expect him to get the largest contract ever from a TV network so he can become its No. 1 football talking head.

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NYSPI IRB Approved (5510 1/10/2016 -> 3/9/2017)

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NOTICE IS HEREBY GIVEN that a license, Number 1299375, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 212 E. 10th Street., New York, NY 10003, for on premises consumption. Big Ben Restaurant Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1298967, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 713 2nd Ave., Store 6&7, New York, NY 10016, for on premises consumption. Sachi Asian Thai Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1299378, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 193-16 Northern Blvd., Flushing, NY 11358, for on-premises consumption. Modurang Inc.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS, U.S. BANK NATIONAL ASSOCIATION NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLEY AS LEGAL TITLE TRUSTEE FOR LVS TITLE TRUST I, Plaintiff, vs. AKRAM SHAFI, ET AL., Defendant(s).

Pursuant to Judgment of Foreclosure and Sale duly filed on June 01, 2016, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on February 03, 2017 at 10:00 a.m., premises known as 139-12 87th Drive, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 9698 and Lot 47. Approximate amount of judgment is $677,071.72 plus interest and costs. Premises will be sold subject to provision of filed Judgment Index # 9753/08.

Arthur Nicholas Terranova, Esq., Referee Knuckles, Komosinski & Manfro, LLP 565 Taxter Road, Ste. 590 Elmsford, NY 10523 Attorneys for Plaintiff

NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS U.S. BANK TRUST, N.A. AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Plaintiff against ALAM KOWSAR, et al Defendant(s)

Pursuant to a Judgment of Foreclosure and Sale entered on December 8, 2016. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 10th day of February, 2017 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. Said premises known as 92-55 224th Street, Queens Village, N.Y. 11429. (Block: 10751, Lot: 3). Approximate amount of lien $ 1,153,429.64 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 2567/08.

William Mackey, Jr. Esq., Referee. Fein Such & Crane, LLP Attorney(s) for Plaintiff 28 East Main Street Rochester, N.Y. 14614.

NOTICE IS HEREBY GIVEN that a license, Number 1299374, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 191 Grand Street., Brooklyn, NY 11211, for on-premises consumption. Dingxiang Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1299118, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar under the Alcoholic Beverage Control Law at 192-10 Northern Blvd., Flushing, NY 11358, for on-premises consumption. Yiyirang Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1299739, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 244 W. 72nd Street., New York, NY 10023, for on premises consumption. Taishou Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1299358, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 1223 Bedford Ave., Brooklyn, NY 11216. Kings County, for on premise consumption. Lam Tilly LLC.

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NOTICE IS HEREBY GIVEN that a license, Number 1299000, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 32 Adams St., Retail Suite, Brooklyn, NY 11201, for on-premises consumption. Powerhouse Arena Inc. & Powerhouse Brooklyn Café LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1299135, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 135 Christopher Street, New York, NY 10014, for on premises consumption. Amber 135 Village Inc.

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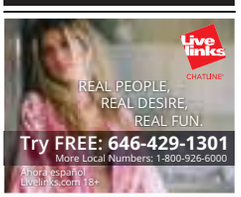

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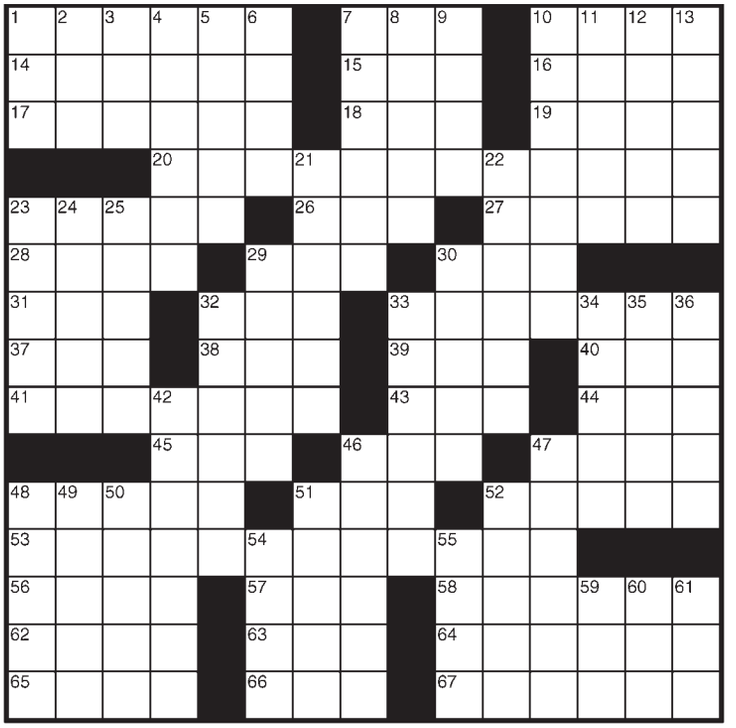
66 Vintage
67 Woodsy

Down
1 Bought
2 Fiesta cheer
3 Cotton Belt st.
4 Off-color
5 Asian capital
6 Novelist -- Ferber
7 Graham of modern dance
8 Preacher-like
9 Unlikely to smile
10 Origin
11 Killer whales
12 Slack-jawed
13 Clink glasses
21 Tidily
22 Rio Grande town
23 NASA outfit (hyph.)
24 Escape artist Houdini
25 Girl-watcher
29 Hard to make out
30 Ten percent
32 Gretel's brother
33 Further behind
34 More loyal
35 "La Dolce Vita" actress
36 Chic
42 Plug add-on
46 Approved
47 Turn-down
48 By itself
49 Garage jobs
50 "Ninotchka" name
51 Click "send"
52 -- the Kid
54 Canyon reply
55 Bakers' meas.
59 LII, twice
60 Actress -- Hartman
61 FICA number



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easy

		1		4				5
	6		3			4		
5	3				1		2	
1	5				8			
4		6				5		2
			2				9	1
	7		4				5	8
		3			2		6	
2				9		3		

hard

6			2				8	
				3	5	1		2
					6			5
		4	5	6				9
	7		8	4	3		2	
2				1	9	4		
3			9					
7		8	3	5				
	9				1			3

metro.us/horoscopes

Aries You need to put greater emphasis on a relationship with a loved one, close friend, relative or colleague. The nature of your interactions will make a difference.

Taurus Your financial plan will need to be revised if you have been making unnecessary purchases. Concentrate on taking better care of your health and bank account.

Gemini Look at the big picture and consider what's best for everyone before you make a decision. It's important to incorporate discipline and practicality into your decisions.

Cancer Go the extra mile to show off your skill and experience. Your peers may be jealous, but don't let that turn into your problem. Do your own thing.

Leo Get to the bottom of any request for money. Donations can be made, but only if they don't jeopardize your standard of living.

Virgo Do your best to make a difference. You will encounter interesting people who face problems similar to yours if you participate in events geared toward your concerns.

Libra Step up and make things happen. Procrastination will lead to criticism and regret. An important partnership will improve your disposition and bring your goals into focus.

Scorpio Emotional distress, anger or overly focusing on legal, contractual or financial endeavors will be costly. Be disciplined and stay focused on creativity, peace and love.

Sagittarius You'll have the discipline to make changes that will improve your life. Assess your relationships with others and carefully choose with whom you plan to associate.

Capricorn Avoid temptation, call the shots and finish what you start. Refuse to let the actions of others influence you. Follow your intuition and stay within budget.

Aquarius Think outside the box and turn your ideas into solutions. Your suggestions will put you in a good position for advancement. Speak your mind.

Pisces Partnerships will play a heavy role in the personal or professional changes you make. Base your decisions on reality and practicality. Be willing to listen. EUGENIA LAST

Yesterday's answers

A	N	T	E		T	O	O	L	S		O	L	A	F
C	O	A	X		A	P	R	I	L		M	E	R	E
L	E	F	T		J	E	L	L	Y	B	E	A	N	S
U	L	T	R	A		R	O	T		E	G	R	E	T
			A	S	W	A	N		K	E	A			
A	C	A	C	I	A	S		E	A	T	S	O	U	T
D	E	N	T	A	L		T	O	T	S		G	N	U
D	A	D	S		N	A	N	N	Y		P	R	I	X
E	S	E		Y	U	R	T		D	E	L	E	T	E
R	E	S	L	A	T	E		M	I	S	U	S	E	S
			A	H	S		M	A	D	A	M			
A	S	T	R	O		E	U	R		U	P	S	E	T
Y	O	U	D	O	N	T	S	A	Y		I	O	T	A
E	R	N	E		O	N	I	C	E		N	A	T	O
S	T	A	R		M	A	C	A	W		G	R	A	S

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